

Ridge Gourd Peel Chutney

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/loofah-recipe-indian>

Ingredients:

- 1 cup ridge gourd peel
- 1/2 cup coconut fresh, coconut
- 3 tablespoons bengal gram channa dal
- 2 green chilli or as per taste
- 1 tablespoon oil
- salt to taste
- 1 piece tamarind or 1/2 tsp tamarind paste
- salt to taste
- 1 teaspoon oil
- 1 red chili
- 6 curry leaves
- 1/2 teaspoon mustard seeds
- 1 teaspoon black gram split, urad dal
- 1/2 teaspoon turmeric powder
- 1 pinch asafoetida

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 400 milligrams
8. Sugar: 3 grams

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